

Romans part 27

“healing memories”

I cannot imagine anyone growing up and not having some emotional scars, there is just too much cruelty, sin, lust, selfishness, anger or fear to escape without some deep pain and wounds. Even if you grew up in the model home where everything was perfect and your parents and siblings never did a thing wrong, sooner or later you are going to go out the front door and encounter a sinful world.

As we grow older we encounter more bad people who do bad things and we have a greater need to forgive and be forgiven, we become both victims and perpetrators. There are people we need to forgive and those we need to beg forgiveness from...

Now we can drive these pains and scars far from our minds, we can ignore and deny that we have ever been disappointed or ever been in need of healing, but those wounds and scars are still there just waiting for the worst time or season in your life to blow out of your control and brake into the open... in case you were wondering, time does not heal all wounds, just ask me!

So what happens is we end up carrying these wounds around through life and the toxic memories end up seeping into our thoughts, attitudes and emotions even though we may not be aware that it is happening, it still does.

A reaction today is totally a reaction to something that happened long ago. Fear, doubt, self-loathing, depression, anger, sexual vulnerability, shame, greed, lying have their roots buried in experiences and events that happened

sometimes generations ago, and those memories accumulate, and we wind up with so much baggage we can't find peace and we might even begin to think we are crazy! Suicide becomes a way to just get relief!!

So last week we talked about the two minds;

For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit, the things of the Spirit. ⁶ For to be carnally minded is death, but to be spiritually minded is life and peace. ⁷ Because the carnal mind is enmity against God; for it is not subject to the law of God, nor indeed can be. ⁸ So then, those who are in the flesh cannot please God. Romans 8:5-8

The mind of the flesh and the mind of the Spirit, the deal is that we get to choose, one leads us back into bondage to the same old stuff we dealt with before and the other calls for us to follow Christ and live the way God always intended for us to live...

- **The mind of the flesh.**

In all of us, when we are born again we still have all the old thoughts that don't come from our spirit, the born again, brand new spirit, but from our brain.

We are programmed, by things in our past, or what we have been taught or by experiences and circumstances, those thoughts actually make "path ways" in

our brain, think a super highway, and the longer we think a certain way, the deeper those pathways become.

And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God Romans 12:2

This is called;

Programmed thinking. It is the way are trained to think...

Then there is a part of your brain that records reality, from your perspective, whether true or false. It doesn't filter what is real from what is pretended, so here is where all the toxic memories and distorted reality are, and they constantly influence your thinking and choices, without you even being aware of it!

This is where wounds reside and cause all the struggles. This is called your;

Subconscious mind.

Then there is;

- **The mind of the spirit.**

Now listen, this is where it gets real exciting. After we are born again, we become aware of new thoughts and feelings that are new to our mind. Listen; the closer we are to Jesus, the louder and greater these thoughts are going to be. When we are close in worship and the word, the stronger the mind of the spirit is going to become.

Now, a new thought comes along and hope arises, we know God is going to answer and help us, direct us and answer us, and frankly, everything looks different. The right decision will come along, we will hear the voice of God, the word will come alive, conviction will settle in, and my spirit is now thinking God's thoughts!! I am following the mind of the spirit...

The process of following the spirit requires daily saying yes to the presence and waiting, thinking in the presence of God...

So, let me give you some practical ideas, again, these are not a formula, but these two things will give you a starting point...

1. Heart searcher.

Negative memories are the significant driver of the mind of the flesh, the very mind that Paul tells believers to deal with.

Now He who searches the hearts knows what the mind of the Spirit is, because He makes intercession for the saints according to the will of God. Romans 8:27

Memories don't just disappear, they have to be dealt with, both memories from before you gave your life to Christ and the memories after, they have to be dealt with, they have to be healed, they have to be laid at the feet of Jesus every time they come back up...

Paul calls Him the one who searches the heart and tells us He knows everything.

And there is no creature hidden from His sight, but all things are naked and open to the eyes of Him to whom we must give account. Hebrews 4:13

The thing is this, He can heal the memories, but that healing does not take place in one event, it is a process, it is a walk. In ***Rom. 12:2 And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God.***

There is a renewal that takes place, HE does not leave us in the pain and disfunction of a shattered mind...

So I want to get real and practical here. How do I get this healing, why can't I just get someone to pray over me?

This is a process that is going to take time and you are going to get to partner with the Holy Spirit as He heals the memories and pain, but it can and will happen if you choose.

Here we go.

- a. **Ask** the Holy Spirit to bring those memories that He knows you have to deal with to your mind, AND He knows the memories that should just be kept buried for the time being or that you never have to deal with again, and there are some that He would just rather you don't ever think about again. Let HIM be the one to tell you.

Don't go looking for memories, don't "induce vomiting" let Jesus be the one to bring them up!! This is important, you don't need to systematize this; "what happened when you were 3 or 4..." the Holy Spirit will bring to mind the memories He wants to heal you of.

- b. **Deal** with each matter biblically. How?

Repent

Confess

Forgive

Do this in a real careful and focused way. "Jesus, what is it you are reminding me..."

- c. **Visualize** Jesus in that memory.

See Him in your mind

He was there

Don't ask: why did you let this happen? Jesus didn't condone sin, but you and I live in a fallen world and I think that Jesus has given to us much more choice than we would like to think, He has given the human race much more freedom than we realize...

- d. **Pray** for yourself or get a trusted brother or sister to pray for you. Notice I said trusted? Make sure you KNOW the person and KNOW they KNOW

the word and how to direct you to the word. Listen, I wish I could lay hands on every person in this room and pray that your memory and mind is miraculously healed, I do. But more than that, I pray we will submit to and LOVE the journey of healing.

Pray for the memory to be healed just like a physical healing
God will heal the poison so it wont effect you even when those memories come to mind...

When we get saved and give our lives to Christ, we will still have some illnesses to contend with, memories are just like that...

When we ask God to search our hearts and heal our minds, He does it...